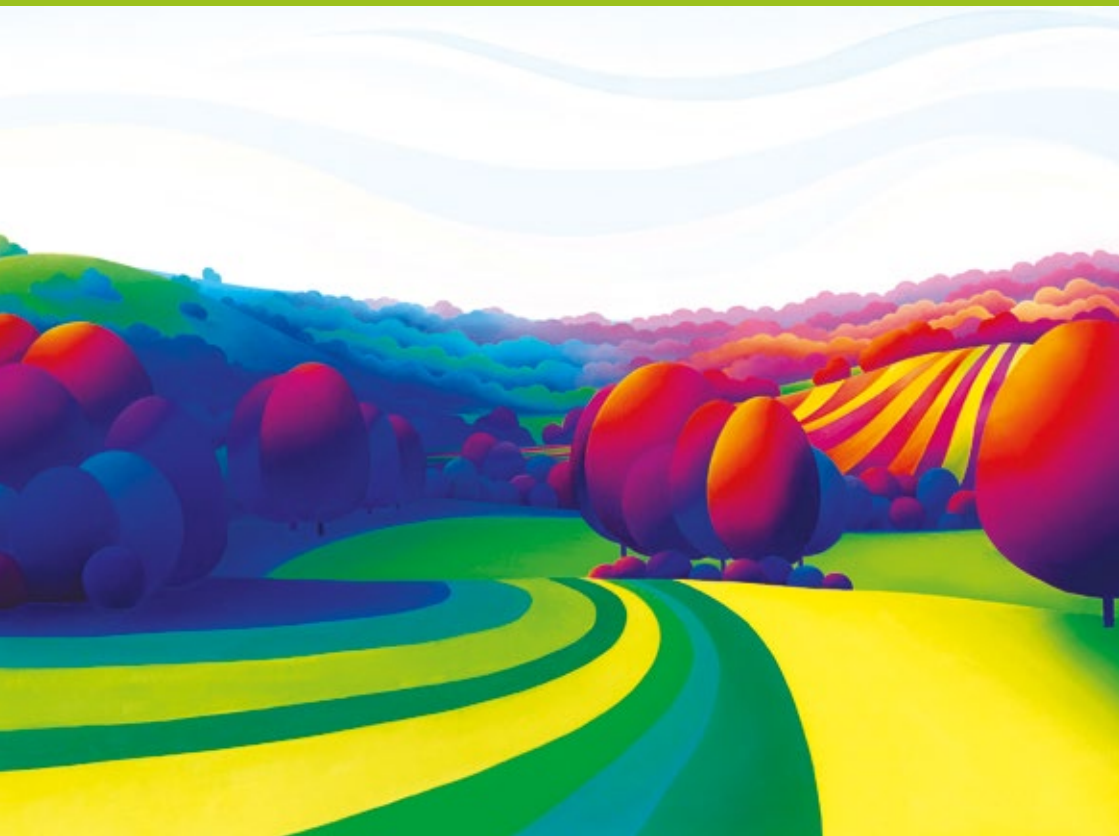


J U L Y

2024



# your

STEYNING, BRAMBER  
& BEEDING MAGAZINE



[yourmag.co.uk](http://yourmag.co.uk)



# **accountancy & business matters**

**Certified Public Accountants & Tax Consultancy**

- **Payroll • Bookkeeping • Self Assessment**
- **Corporation Tax • Personal Tax Returns**
- **Accounts Preparation**

**Get some tax advice for your business.**

**Book now for your FREE Consultation**

**The Barn, Golden Square,  
Henfield, BN5 9DP**

**t 01273 491112**

**e nfo@abmatters.com**

**w www.abmatters.com**

## **JULY CONTENT**

- 4 Wacky Race Chennai to Goa
- 5 Steyning Festival's Green Day "Making Space for Wildlife"
- 6 Digging up the past
- 7 July: Steyning Gardening Club
- 10 Steyning Community Orchard. July 2024:
- 14 July: Diary Events
- 20 Front Cover: Sarah Duffield
- 25 Business Focus: Fi Fi Phone fun!
- 26 Business Focus: How will you leave your Legacy
- 30 July 2024 Book Reviews
- 31 Steyning & District Flower Club: 'Show Stopper'
- 34 The Importance of Continuing Professional Development (CPD) for Chiropractors and the latest understanding of Pain.
- 36 Environmental News: Purple Emperor
- 38 Steyning for Trees: The Festival
- 44 Local Business Focus: July Gardening Journal
- 46 Museum Archives: Rain, Rain Go Away
- 49 ADVERTISER'S INDEX

## **USEFUL NUMBERS**

### **Steyning Library:**

Opening Hours: Monday - Friday: 10:00 - 17:00  
Saturday: 10:00 - 14:00 - T: 01903 270330  
E: steyning.library@westsussex.gov.uk

### **Steyning Minibus: 0300 772 7735**

[www.westsussexminibus.org.uk/organisation/](http://www.westsussexminibus.org.uk/organisation/)

### **The Steyning Health Centre:**

Tanyard Lane, Steyning, BN44 3RJ  
Telephone Appointments: 01903 497227  
When surgery closed dial new NHS 111 service  
**Surgery Hours:**  
Mon: 08:00 - 18:30 Tue 07:00 - 18:30  
Wed 08:00 - 20:00 Thu 08:00 - 20:00  
Fri 08:00 - 18:30 Sat and Sun: Closed

### **Steyning & District Good Neighbours**

**Association:** T: 01903 816181  
[steyninggoodneighbours.co.uk](http://steyninggoodneighbours.co.uk)

### **Steyning Parish Council: T: 01903 812042 -**

W: [www.steyningpc.gov.uk](http://www.steyningpc.gov.uk)  
E: [clerk@steyningpc.gov.uk](mailto:clerk@steyningpc.gov.uk)

### **The Steyning Centre: T: 01903 812042**

Opening Hours: 09:00 to 16:00  
The Steyning Centre, Fletcher's Croft, Steyning  
[www.steyningcentre@btconnect.com](http://www.steyningcentre@btconnect.com)



**To all our current and new customers:  
We are back up and running to serve all  
your taxi requirements big or small.**



**For up-to-date listings of local  
Clubs & Societies or to subscribe  
to our mailing list: visit our  
website: [www.yourmag.co.uk](http://www.yourmag.co.uk)**



## Wacky Race Chennai to Goa

Last Year on the 1<sup>st</sup> June, a group of incredible people based in Steyning mainly, left West Sussex to drive on the mad roads of Maharashtra to support our local domestic abuse charity, **Safe in Sussex** hoping for an adventure and an experience that would enhance their lives.



The group of 7 ladies and a lovely gent took on the rickshaw challenge, we drove the Deccan Plateau for a total of 1300 kms from Goa via Pune to Bombay. It was an amazing journey and team building experience so much so that the team want to do something else but this time on 4 wheels not 3. It was a little hairy in places driving on the Indian highways with the trucks and the buses in an overgrown tin can powered by a hair drier. What an experience! We all took the challenge to raise funds for the charity of which I am patron, **Safe In Sussex**, which deals with **Domestic Abuse in West Sussex**



We raised the grand total just short of £26,000, which was a significant amount and what is more, all the participants self funded, so every penny went to the charity. **Safe in Sussex** were

able to refurbish the bathrooms in one of the refuges to create a more pleasant environment for women and their children in extreme circumstances.

Amazingly most wanted another adventure and our merry band of intrepid adventurers want to do something else. So next year in February we are undertaking a car rally, from Chennai which is on the East Coast of India on the Bay of Bengal, around the tip of India and up to Panjim In Goa on the Arabian Sea, a journey of 2500kms. What's even better our numbers are increasing and have grown from 4 teams to 7 with more still to confirm.



Again we will fund raise for **Safe in Sussex** but we have added the Indian NGO **Maher** which does the same work with destitute women and children. Our goal is to try and raise enough to buy sufficient building materials to build a new refuge building in Andhra Pradesh and a building refurbishment here to create a play space for children in one of the refuges.

If you would like to be involved or sponsor us, or come to one of our other fundraising events in the run up to the challenge please get in touch: T: 07973 224220 E: Helen@sakala.co.uk

It's a sad sign of the times that these services are still needed and growing world wide, Same Book Different Cover the world over!  
Website: [www.sakala.co.uk](http://www.sakala.co.uk)

## Steyning Festival's Green Day "Making Space for Wildlife"

A number of our local environment groups worked together to make this a day which celebrated all things green and wild. It included a parade of EV vehicles, a children's parade of wildlife animals led by musical theatre group, and also a storyteller recounting 'Tales from the Wild Woods' to children.

A number of our local environment groups worked together to make this a day which celebrated all things green and wild. It included a parade of EV vehicles, a children's parade of wildlife animals led by musical theatre group, and also a storyteller recounting 'Tales from the Wild Woods' to children.

Each group set up a stall to celebrate the work being done locally, as well as entertain and inform the younger audience; '*Pin the maggot on the apple!*' proved popular, as did the chance to get up close to a slow worm.

Representatives from the '*Weald to Waves*' project were delighted with the number of visitors who agreed to put their garden '*On the Map*' by placing a pin in giant map of Steyning and signing up online to pledge their own gardens in this ambitious project which is creating nature corridors across Sussex.

It's good to know that the community in Steyning, Beeding and Bramber are committed to '*Making Space for Wildlife*'.

If you would like to find out more about any of the groups involved, or sign your own garden up to the Weald to Waves Project, head over to the Latest News section of the Greening Steyning website where you can read the full article and find links to all of the organisations. <https://greeningsteyning.org/green-day-2024-read-all-about-it/>





## Digging up the past

On the 13th of June 2024, we celebrated our journey, from reception to Year 6, at the school by digging up our time capsules that we made in Year 1!

While some of us were running laps around the track, some were digging up memories from earlier years. We found one class' time capsules. Most of us were gobsmacked after what we put in. Two pupils in our year stated that *'It was very fun because we were finding treasure. It was hard but it was very enjoyable.'*

One of the pupil's dad's has offered to use his metal detector to find the other capsule and discover more of our history. Our old Year 1 teachers helped us dig and it made us remember the fun times we had back then. It was such a memorable moment to experience; being reunited with our past! In the box were lots of our old toys and momentous but most importantly there were laminated sheets with questions we answered about ourselves - we can really see how much we've changed.

We want to say thank you to all teachers, staff and adults that have helped us along the way to becoming the people who we are now.

On the 13<sup>th</sup> of June 2024, Steyning CofE Primary School year 6s were raising money for their leaver's party. Their target was to run 1330 laps around their track in weird and wacky costumes, which meant they needed to run approximately 27 laps each. Each lap represented every day that they spent in school. In total they ran 1833 laps beating their target by 503 laps. One person who made a huge effort was Arthur, who managed to do an astounding 75 laps (15 miles). He said *'It wasn't that hard and I was surprised I was not tired but I didn't focus on it as it was very fun. I was very sore and shattered the next day though.'* Everyone went around the track in lots of different ways such as: cartwheeling, rolling, two legged race and even hula-hooping. *'We couldn't have done it without everyone's effort,'* says Soriya Allen,

a year six pupil. So will you help us?

<https://www.justgiving.com/.../steyning-primaryY6leavers..>

### Garden centre:

We were fortunate enough to be donated money from Old Barn Nurseries - Tate's of Sussex to help us with our WW2 project *'Dig for victory!'*

Our cohort of 61 pupils voted for 8 children to go with teachers and support staff to the garden centre to purchase soil, plants, seeds, canes, pots etc.

We have been growing our own fruit, vegetables, herbs and salad leaves now over the last half term and have absolutely loved working in the poly-tunnel and in our wonderful outside area.

On the 3<sup>rd</sup> of June, 8 children from Steyning Primary school went to the Old Barn Garden Centre and chose some lovely plants for our garden. *'I thought the range of plants was exceptional I enjoyed looking at the huts'* said two pupils who went to the garden centre.

Since coming back we have made a teepee with flowers growing up the sides. We have also made our school a greener place.



## July: Steyning Gardening Club

Summer is here at last and as we welcome the warmer days, bluer skies, and more daylight in which to enjoy our outdoor spaces, we are pleased to say that we have continued to welcome new members to SGC.

Our meetings have been met with such positive comments that we are encouraged to think we are finding the right balance with our new club. Balance in our outdoor spaces is something many of us aim for, whilst at the same time maintaining our own individuality and creating spaces that welcome, not just our family and friends, but also the wonderful wildlife we are privileged to be surrounded by.



Our May meeting welcomed Martin Jarvis from Culberry Nurseries, Angmering, who shared the history of his family run nursery and how they have developed a special interest in herb growing and production. It was captivating to look back at the old

photos and to hear Martin talk about his and his family's continued fascination with herbs. Luckily for us, Martin had also brought along a good selection of his herbs for our members to purchase on the night.

In June, some of our members visited Chalk Farm Flowers in Findon, a sustainable flower farm, to see the wonderful journey from seed to vase. Excitingly, the first of many group trips we hope to be able to arrange as our club grows.

Variety, they say is *'the spice of life'* and so we have tried to make our meetings as diverse as we can, whilst maintaining our gardening theme, and to this end, our 8<sup>th</sup> July meeting will be a fund-raising quiz. Gather your teams, maximum 6 people and come along for a fun night. £5 pp (incl welcome drink) and BYO snacks. Sign-ups are now open via the link on our newsletter or send an email to register your team.

With holiday season in full swing during August, we will not be having a meeting, but we can all look forward to our September meet where the lovely Lynne Broome will once again share her expertise, this time concentrating on Bulbs and Where to Plant them.

We look forward to seeing many members and guests on 8th July, 19:30 at the Steyning Centre.

Sign up for our mailing list by clicking the link: [https://bit.ly/SGC\\_sign\\_up](https://bit.ly/SGC_sign_up).

Or become a member via the QR code or link: [https://bit.ly/SCG\\_Membership](https://bit.ly/SCG_Membership)

For general enquires please contact us at [steyninggardeningclub@gmail.com](mailto:steyninggardeningclub@gmail.com) or via Monique on 01903 814684



Now available in your area

A reliable, friendly, family man. No job too big or small.  
Call now for a quote.



DECORATING CONTRACTOR

07780 458204

*'Tom has completely blown me away! His work, reasonable prices and fun, friendly attitude have made it a pleasure to get our decorating work done!'*

Lucy - Upper Beeding

*'I would highly recommend Tom. Two other decorators let us down and then Tom was recommended to us. His work is exceptional, he is polite, trustworthy and reasonably priced!'*

Becky - Steyning



Local family run business  
Qualified, Insured

For all your pest problems

Tel:- **01903 550149**

**ALL LIT**

**All Lit Plumbing & Heating**

- Gas and Heating Installation
- Natural and LPG gas appliance repairs and servicing
- Plumbing Maintenance
- Plumbing installations

*"Dan repaired our boiler in the middle of a cold snap, very reasonably priced and got the boiler fixed the same day"*

Contact: Dan Foster

Tel: 07590495548

Email: All-lit@outlook.com

www.All-lit.co.uk



**STEYNING ROOFING**

**Checkatrade.com**  
Where reputation matters

- New roofs and repairs
- Flat roofs
- Tiling and slating
- Leadwork
- Chimneys
- Guttering and Fascias

**LOCAL ROOFER WITH OVER 40 YEARS EXPERIENCE  
FOR ALL YOUR ROOFING NEEDS**

**TEL: 01903 814378 (Steyning) ~ MOBILE: 07904439915**

Email: Jasonstanding917@gmail.com

www.checkatrade.com/steyningroofingltd



**Broadband | Security | Electrical**

*We are a family run business with over 30 years experience*

- ✓ Phone systems
- ✓ Fibre broadband
- ✓ TV and audio systems
- ✓ Intruder alarms
- ✓ Domestic and commercial electrical work
- ✓ Copper, Fibre and WiFi networks
- ✓ TV Aerial and satellite systems
- ✓ CCTV
- ✓ Door entry / Access control systems

Office: 01903 298066 | Mobile: 07305919448

E Mail: hello@omni3.co.uk



## Steining Community Orchard. July 2024:

Community Orchards are not just about fruit trees! There is so much more to them than that.

Firstly (and obvious from the title) is the participation and involvement of the local community. We are lucky to have had huge support for our group since its inception 10 years ago. Our events such as Apple Days and Wassails have been a great success. We have over 350 subscribers to our email Newsletter (drop us an email if you'd like to be added to the list) and 700 Facebook followers. In addition, over 50 local people and families have donated a tree to our orchards, with more still on a waiting list to get one.

The 'Community' is also enjoying scrumping the fruit from the orchards, as we get to see very little of the fruit as yet! Hopefully as the trees continue to grow and mature, there will be enough for everyone.

Then there is the benefit that a developing orchard brings to the environment and biodiversity. Traditional Orchards are a UK Biodiversity Action Plan designated habitat, and have declined alarmingly. But Community Orchards such as ours across the country, are helping to arrest that decline by planting heritage variety fruit trees on standard rootstocks that will grow and develop huge biodiversity as they mature. This will include butterflies, bumblebees, bird, bats, invertebrates and fungi.

**We welcome more biodiversity of course, but sometimes, it is not quite so welcome.**

A spectacular moth visited us, probably in 2022, and laid its egg on one of our pear trees. It was a Leopard Moth (see pic). The egg hatched and for 2 years the larva ate and grew inside the tree, before emerging this spring as a fat 2inch long caterpillar, leaving the carnage you can see in the picture! (We cleaned out the cavity to assess the damage. Only a small brown hole was visible at first) It looks as though this tree will survive, as it has not completely ring-barked the tree.



**Leopard Moth**

We were not so lucky back in 2019 when a similar attack on a smaller tree did kill it. So we have to accept that we have this moth in the orchard, and can expect more damage in future. We may just be unlucky (or lucky - depending on your point of view) as this moth is described as uncommon.

Every year, the new shoots of many of the fruit trees get attacked by greenfly. The major culprit is the Rosy Apple aphid, which is not quite as cute as its name, as it causes new leaves to curl up and distort. Other aphids include Greenfly and Woolly Aphis.



**Leopard Moth damage**

Once the aphids appear, the Black Garden and Yellow Meadow ants soon discover them, not to eat them, but to 'farm' them for the honeydew that the aphids excrete. They even move greenfly around the tree to put them on the juiciest, freshest new leaves!

Over the years we have realised that it is pretty pointless trying to stop any of this. We did try an organic spray in the early years with little effect. So now we don't spray anything, relying on natural predators to keep a check on things. We now get lots of earwigs and ladybirds, both of which consume aphids. Yes, we do get some damage, but it is manageable. The trees survive and we prune out any badly damaged shoots during the winter pruning.

Speaking of winter, you will see books and TV programmes suggesting a winter wash of fruit trees to get rid of overwintering bugs. Thankfully the days of these washes including arsenic, DDT and tar oil are over, but even now with the natural oils and surfactants it is still an insecticide, so will kill insects, their eggs and larvae, including the friendly ones. We let nature take its course.

**If you have any comments or questions, we can be contacted by email: [steiningorchard@gmail.com](mailto:steiningorchard@gmail.com)**

**TR ENERGY**  
ELECTRICAL CONTRACTORS

**Do you need an electrician?**

Local electrical contractors  
Friendly and reliable service  
All aspects of electrical work  
Over 10 years experience

**Call now for a free quote**  
**01273 936222**  
[www.TR-Energy.co.uk](http://www.TR-Energy.co.uk)

Newbrook Business Park, Upper Beeding, BN44 3JD

**KINGSTON LANDSCAPES**

Let us help you to maintain your garden. We are a local family-run business with over 20 years of experience in gardening and landscaping.

**Why Choose Us?**

- Comprehensive services:** From hard landscaping and fencing to garden maintenance, we handle all aspects of gardening from concept, design through to build.
- Expert team:** Our horticulturally trained professionals ensure your garden receives the best care and attention.
- Personalised solutions:** Whether your garden is big or small, we tailor our services to meet your unique needs.

**Let us take the hassle out of gardening for you.**

**Contact us today for a free consultation.**  
**Call Matt on 07962 305928**





## Home & Business Security

- **CCTV** - Our systems conform to UK Police Requirements for Digital CCTV  
- View/Rewind/Fast Forward your cameras from your iPhone, iPad, Android device
- **Intruder Alarms** - Wired and Wireless with remote access options
- Installations
- Upgrades
- Maintenance
- Service

**Domestic** ✓  
**Commercial** ✓



## Satellite TV & Aerials TV Wall Mounting Wi-Fi Range Solutions Data Points

- Satellite TV for Sky, Freesat & European Channels
- TV & Radio Aerials
- Extra TV/Satellite/Internet Points
- TV Wall Mounting Service
- Wi-Fi Range Solutions



Steyning 01903 841197 [www.norsat.co.uk](http://www.norsat.co.uk) SCAN ME

## LOCAL, INDEPENDENT GARAGE FOR ALL YOUR VEHICLE NEEDS

### MECHANIC/MOT TESTER REQUIRED

Full time/permanent, £30k - 40k (depending on experience)  
No bonus schemes  
Monday to Friday, 8.10am to 5.30 pm - No weekends!  
Immediate start.  
Free IMV courses every year to expand your knowledge.



Car and motorcycle  
MOT test station  
Computer Diagnostics  
MOT Repairs  
Tyres  
Tuning  
Mechanical Repairs  
Servicing  
Welding  
Exhausts

**SAVE 26%**  
Usual price £54.85

**MOT**  
Special offer  
**£40**  
if booked online

All makes  
and all models  
undertaken

FREE collection  
& delivery

Checkatrade.com

LMC Auto Services  
Unit 7 & 8 | Station Approach Industrial Estate  
Pulborough | West Sussex | RH20 1AQ

01798 873281 [lmcautoservices.co.uk](http://lmcautoservices.co.uk)



City & Guilds



LANDSCAPE & FENCING SERVICES

Fencing | Paving | Decking | Lawns  
Maintenance | Planting

[gary@gjmlandscapes.com](mailto:gary@gjmlandscapes.com)  
[www.gjmlandscapes.co.uk](http://www.gjmlandscapes.co.uk)  
07840 932223



## WE'RE ON YOUR DOORSTEP

Having a local office means we're accessible, whether you need to make changes to your policy or make a claim.

Our insurance products and financial planning services include:

- Property Owners
- Business
- Income Protection
- Tradesmen
- Car
- Investments
- Commercial Vehicle
- Home
- Pensions

For a real conversation about your needs contact Chichester and Horsham at [chichesterandhorsham@nfumutual.co.uk](mailto:chichesterandhorsham@nfumutual.co.uk)

Tel: 01273 492239 | Anova House, Wickhurst Lane, Horsham, RH12 3LZ



**NFU Mutual**  
INSURANCE | PENSIONS | INVESTMENTS

C A Modi and M S Baker is an appointed representative of The National Farmers Union Mutual Insurance Society Limited (No. 111982). And an introducer to NFU Mutual Select Investments Limited, a member of the NFU Mutual group of companies.

## July: Diary Events

The following nonrecurring events are also in the What's On section on the Your Steyning, Bramber & Beeding website at: [www.yourmag.co.uk](http://www.yourmag.co.uk) NOTE: Post nonrecurring events before 10<sup>th</sup> of the month prior to the print month. [roger@barawood.co.uk](mailto:roger@barawood.co.uk)

### Wednesday 3rd July

#### National Garden Scheme

13:00 – 17:00

Foxglove Cottage, 29 Orchard Road Horsham  
West Sussex RH13 5NF

#### Open Garden: Foxglove Cottage Horsham

A ¼ acre plantaholic's garden, full of containers, vintage finds and quirky elements. Paths intersect both sun and shady borders bursting with colourful planting and salvias in abundance! A beach hut summerhouse and deck are flanked by a water feature in a pebble circle. Two additional small ponds encourage wildlife. A surprise at every turn. The end of the garden is dedicated to a plant nursery. In 2023 Foxglove Cottage was featured on Gardeners' World, episode 3, and in the July issue of All About Horsham (AAH). Garden levels change and gravel paths make it unsuitable for wheelchairs. Open for the National Garden Scheme on Sun 26 May, Wed 3<sup>rd</sup> and Sun 7<sup>th</sup> July (13:00 – 17:00). Admission £5, children free. Book online at <https://ngs.org.uk> or pay on the day. Home-made teas. Vegan, gluten & dairy free cake.

### Wednesday 3rd July

#### Steyning Parish Council: Community Film Night

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

#### Screening: WICKED LITTLE LETTERS

Deeply conservative spinster Edith Swan (Olivia Colman) makes friends with her rowdy Irish neighbour, Rose Gooding (Jessie Buckley). When they have a falling out, Edith begins to receive letters full of unintentionally hilarious profanities, which her angry father assumes must have come from free-spirited, but foul-mouthed Rose. He brings the poison pen letters to the attention of the police of the small seaside town, who charge Rose with the crime. When other members of the town begin to receive anonymous letters with profanities, it prompts an uproar, and a trial ensues. However, as the town's women, led by Police Officer

Gladys Moss (Anjana Vasan), investigate the crime themselves, they suspect that something is not quite right, and that Rose may not be the culprit after all. Tickets are on sale at the Steyning Centre at £6.00 per ticket which includes tea or coffee during the interval. Wine can be purchased at £2.50 per glass. Doors open a 19:00 for a 19:30 start.

### Friday 5th July

#### Vintage Years Club

13:45 – 16:00

Steyning Centre, Fletchers Croft, Steyning

#### Celebration of Summer

Our meeting commences at 14:00 but the doors are open at 13:45. There will be a Raffle and a Bring and Buy table. After our business section, we will Celebrate the Summer, have a Flower arranging activity and enjoy a Cream Tea. Entrance fee is £3 (£5 visitors) and Annual Membership is £10 (each April). Please always contact Bev Francis-Hills 01273 493894 or 07801 442891 before attending for the first time/returning after a long break, for transport needs or any other information.

### Saturday 6th July

#### Steyning Museum Trust

14:30 – 17:30

Steyning Centre, Fletchers Croft, Steyning

#### Cream Tea with live music

Home made scones jam clotted cream and strawberries - Tea/coffee - Raffle. Including Live music with the Cheer Up Mollys. . Tickets £10 - available from 8<sup>th</sup> June at the museum

### Sunday 7th July

#### Greening Steyning

13:00 – 16:00

Upper Beeding, Bramber and Steyning

#### Give Your Stuff Away Day

Your junk could be someone else's treasure! Give Your Stuff Away Day is a great way of

## FAMILY BUSINESS with 40 YEARS EXPERIENCE



Tiled roofs



Slate roofs



Horsham Slate Stone

Shingle roofs

All types of flat roofs

Lead work

Chimney work

Repainting

Facia soffits and guttering

Insurance work

Free no obligation quote



Specialists in all roofing

G. Standing Roofing Ltd.  
Beeding Court Farmhouse,  
Shoreham Road,  
Upper Beeding,  
West Sussex.  
BN44 3TN.

Phone: 01903 417416 | 07703 208049

E-mail: [enquiries@gstandingroofing.com](mailto:enquiries@gstandingroofing.com) | W: [www.gstandingroofing.com](http://www.gstandingroofing.com)

LR  
**LOMERS**

REMOVALS & STORAGE - EST. 1979



For all your moving & storage needs  
contact our sales team.

Tel: 01403 820215

Email: [info@lomersremovals.uk](mailto:info@lomersremovals.uk)  
[www.lomersremovals.uk](http://www.lomersremovals.uk)



## THE OVEN MAGICIAN

We are an independent family run eco-friendly oven cleaning business that has been operating for over 7 years in Worthing and the surrounding areas.

TA DA!



T: 01903 620257

For a complete price list visit:  
[www.theovenmagician.co.uk](http://www.theovenmagician.co.uk)



passing on those items that you no longer need but which someone else would love. Just leave unwanted items in a neat pile outside your home from 13:00 – 16:00 so others can wander round and pick them up. If you've not done it before, find out all the details on our GYSAD webpage; <https://greeningsteyning.org/project/gysad/>

### Monday 8th July

#### Steyning Gardening Club

19:30 – 21:30

Steyning Centre. Fletcher's Croft, Steyning

### Steyning Gardening Club Quiz

Our first fund-raising quiz. Gather your teams, maximum 6 people and come along for a fun night. £5 pp (incl welcome drink) and BYO snacks. Sign-ups are now open via the link on our newsletter or send an email to register your team.

### Friday 12th July

#### The Steyning Society

19:30 – 22:00

Steyning Centre, Fletchers Croft, Steyning

### Quiz Night!

Quiz Night to include Curry Supper. Quizmaster: Nigel Hartley. Cash prizes. Teams of 6 persons (if less than 6 you will be allocated to a table on arrival). Bar. £20 per person

### Saturday 13th July

#### Steyning Tennis Club

10:00 – 14:00

Steyning Tennis Club, Memorial Field, Steyning

### Give Tennis a Go!

Come and give Tennis a Go! Free sessions for children and adults of any standard and free BBQ. 50% off annual membership if you sign up on the day. Visit our website, [www.steyningtennisclub.com](http://www.steyningtennisclub.com), for details and to book your place.

### Saturday 13th July

#### Lou Partridge Studio

11:00 – 16:00

Lou Partridge Studio, Pound Lane, Upper Beeding, BN44 3JD

### Pegloom Doormat in a Weekend

Repurpose your own fabrics too worn out for the charity shop into a beautiful, useful & personal mat for your home whilst learning the ancient craft of pegloom in a small friendly group. Saturday & Sunday 11.00 – 16.00. Full details and booking at [loupardridge.com](http://loupardridge.com)

### Saturday 13th July

#### Henfield Theatre Company

14:00 – 17:00

The Henfield Hall, Coopers Way, Henfield, BN5 9EQ

### 'The Curious Incident of the Dog in the Night-Time'

HTC's next production is the critically acclaimed 'Curious Incident of the Dog in the Night-time'. The play, based on the novel by Mark Haddon and adapted for the stage by Simon Stephens, tells the story of Christopher Boone (played by Ven Malyon, who is himself autistic), a 15 year old mathematical genius who has never explored the world outside of his home or school without his parents. One night he discovers that his neighbour's dog has been murdered with a garden fork and decides to investigate. The play is seen through eyes of Christopher, who the audience quickly learn is neurodivergent... however this story is not about 'labels', but rather about difference. It tackles themes such as identity, family, adolescence, betrayal and death. The ten-strong cast (alongside Ven are Emily Norman, Rebel Atkinson, Sarah Jenner-Jones, Helen Fyles, Jane Haines, Paul Crowe, Trevor Hodgson, Beky Peake and Malcolm Harrington) perform as an ensemble, interacting with Christopher as key people in his life but also representing his thoughts, his interpretations of everyday life, presenting Christopher's unique and idiosyncratic take on the world. As Director, Karen Blunden is keen for 'curious' audiences to experience a production which may be a little different from the norm... 'I am hoping that, as well as everyone being thoroughly entertained, with some tears and plenty of laughter along the way, our audience will leave the theatre with a better understanding and a raised awareness. I'd invite all of us to question our own views, judgments and pre-conceptions and challenge ourselves ... looking particularly at how we



## Chanctonbury Wines

Family run wine shop & counter. 200 + wines and craft beers, all available to takeaway or drink-in. A choice of 12 wines by the glass, alongside plates of top quality charcuterie, cheese and more!

<b>VISIT US!</b>	<b>OPENING HOURS</b>
Bespoke advice and sourcing	Weds-Saturday 77-79 High Street,
Regular events and tastings	11am-9pm Steyning,
Seating/tables bookable online	BN44 3RE
Relaxed convivial atmosphere	<a href="http://www.chanctonburywines.co.uk">www.chanctonburywines.co.uk</a>



## Beltons

Tax - Accounting - Consultancy

### INITIAL CONSULTATION FREE

Serving people and businesses since 1976

<b>Personal</b>	<b>Business</b>
Self Assessment Tax Returns	Sole Trader, Partnership Accounts
Capital Gains Tax	Limited Company Accounts
General Tax Advice	Company Secretarial
	Corporation Tax Returns
	VAT
	Payroll, Auto Enrolment & CIS
	Training - Xero and Quickbooks Online
	Business start-up
	Business Planning Advice

01903 813907 [beltons@beltons.co.uk](mailto:beltons@beltons.co.uk) [www.beltons.co.uk](http://www.beltons.co.uk)  
The Old Market House, 72 High Street, Steyning, BN44 3RD

interact with others we deem 'different'. At its very core, I want the message to be one of being kind, more patient, more helpful and always remaining 'curious'. Performances are at the Henfield Hall, on Saturday 13<sup>th</sup> July and Sunday 14<sup>th</sup> July, at 14:00 and 19:00 each day. The staging will be in the round, with raised seating. Tickets, priced at £12, are on sale via [www.henfieldtheatrecompany.com](http://www.henfieldtheatrecompany.com) and at Stevens Estate Agents in Henfield High Street. This production is kindly sponsored by Hawthorn Veterinary Surgeries.

### Saturday 13th July Greening Steyning 14:00 – 16:00

Bramber & Beeding Village Hall

### Repair Cafe & Home Energy Helpdesk.

Don't bin it - let us help you fix it! Bring along your items to repair, and anything you'd like sharpened. If you aren't sure whether we can help please email Robin at [repaircafe@greeningsteyning.org](mailto:repaircafe@greeningsteyning.org) for advice. You can also speak to one of our Helpdesk volunteers about how to save energy at home.

### Wednesday 17th July Dr Janet Pennington 19:00 – 21:00

Meet at the Steyning Centre, Vicarage Lane, Steyning, West Sussex BN44 3XZ - opposite the Church of St Andrew and St Cuthman. Free parking after 18:00.

### The Steyning Pubs & Breweries Walk

Fee £5 - pay on the day (cash only). No booking needed. If any queries, email [jpsussex@icloud.com](mailto:jpsussex@icloud.com) or Jane. This is a walk through c.650 years of Steyning's pub and brewing history. See where breweries, malthouses, inns and public houses were situated in the past and whether we can find traces of them today. Fortunately the White Horse, the Chequer and the Star are still with us, and this is your chance to hear and see something of the alcoholic history of this old market town. There will be time at the end of the walk (with plenty of stops) to take a drink at your favourite watering hole, or try a new one!

### Friday 19th July The National Garden Scheme 10:00 – 16:00

Springbourne Rectory Lane Clapham Village, Worthing BN13 3UX

### Springbourne Clapham Village: Open Garden

Springbourne Rectory Lane Clapham Village, Worthing BN13 3UX is open for the National Garden Scheme on Friday 19<sup>th</sup> and Saturday 20<sup>th</sup> July (10:00 – 16:00) Admission £5 (Adults only). Light refreshments (cash only). Book online on the National Garden Scheme website <https://ngs.org.uk> or pay on the day. <https://findagarden.ngs.org.uk/garden/45478/springbourne/>  
Designed and planted by a professional garden designer and artist together with his actress wife Emily, this garden although under development, is full of colour and interest. Nestling down a quiet lane, the historic 300 year old south facing walled garden provides plenty of areas to relax and enjoy the peace and calm of this tranquil space. The large pond is stocked with water lilies imported from France. The lawns are gently sloping and there is a small orchard. Rose and herbaceous borders can be enjoyed from the many seating areas.

### Saturday 20th July Greening Steyning 10:30 – 11:22

The Castle Inn, Bramber

### Climate Cafe

A regular event on the 3rd Saturday of most months, the Climate Cafe at the Castle offers a warm and inclusive space, to share friendship and mutual support for those holding questions and worries about the climate crisis and how it will affect us all. Whether you are feeling helpless and fearful about the future, or feeling positive and motivated to bring about change – you are not alone. So why not drop in for a chat.

### Sunday 21st July Dr Janet Pennington 10:00 – 12:30

Steyning Centre car park, Vicarage Lane, Steyning BN44 3XZ - opposite the Church of St Andrew & St Cuthman.

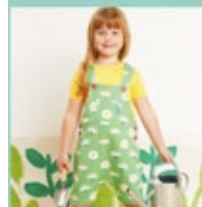
imogen ruby

98A High Street, Steyning

- ♥ Organic, branded clothing 0-5 years
- ♥ Sustainably made toys 0-7 years
- ♥ Reusable products, including nappies, wipes, period products and more

Brands include Kite, The Bonnie Mob, Little Green Radicals, Turtledove London, Toby Tiger, Lanka Kade, Jumini, Floss and Rock and more!

[www.imogenruby.co.uk](http://www.imogenruby.co.uk)



### RIVERSIDE HOME MAINTENANCE

[www.riversidehomemaintenance.co.uk](http://www.riversidehomemaintenance.co.uk)  
Local Multi tradesman for jobs around  
the home and garden

- Carpentry
- Door Hanging
- Kitchen & Bathroom Fitting
- Bespoke cupboards/wardrobes
- Wall & Floor Tiling
- Patios & Garden Decking
- Painting & Decorating
- General Maintenance
- Flat Pack Assembly
- Partition & Brick Walls
- Fencing & Sheds erected

For more information and a free quote,  
please call Nigel on:  
**07768 510463 or 01903 745685**  
**Business as Usual!**



### Hamilton Cole

Family Run Local Retailer / Service Provider



#### SERVICE PROVIDER

Aerial/Satellite Custom Installer  
TV Wall Mounting  
NICEIC Domestic Electrician  
PAT Testing  
Replacement Watch Batteries  
Copying of VHS Tapes to DVD

#### REPAIR EXPERTS

TV, Audio, DVD Recorders  
Lamps  
Microwaves  
Vaccum Cleaners  
Cookers  
Hobs

#### RETAILER

Flat Panel TV's  
DAB/FM Radios  
Domestic Appliances  
Freestanding/Built In  
Lighting and Heating

**Call 01798 872237**

Station Road, Pulborough,  
West Sussex, RH20 1AH  
Email: [office@hamiltoncole.co.uk](mailto:office@hamiltoncole.co.uk)



[www.hamiltoncole.co.uk](http://www.hamiltoncole.co.uk)





## The Steyning Scandals Walk

No booking required - fee payable on the day - £5. Please arrive in good time for prompt 10:00 start. This is a slow ramble to discover who did what, where and with whom. Steyning's attractive timber-framed buildings and flint cottages hide many secrets from the past - come and discover some of them if you dare! We will be exploring and streets and twittens of Steyning with many stops for scandalous stories, all researched through local documentary sources. **This walk is NOT suitable for children.** Please contact Janet on email: [jpsussex@icloud.com](mailto:jpsussex@icloud.com) or mobile: 07703 133952 if any enquiries or problems. Website: [sussexhistorytalks.co.uk](http://sussexhistorytalks.co.uk)

### Wednesday 24th July

Steyning and District Flower Club  
19:30 - 21:30

Steyning Centre, Fletchers Croft, Steyning

### 'Show Stopper'

With this Show Stopper of a title, this is sure to be an entertaining evening when we welcome flower arranger and demonstrator Gill Smagglesgale to our Club meeting. Our demonstration meetings are open to everyone, so do come along and enjoy a very friendly evening. Not only will refreshments be available but there are sales tables and an opportunity to win one of Gill's arrangements in the evening raffle. Doors open at 19.00. Free for Members and £7.00 for Visitors (pay on the door)

### Friday 2nd August

Vintage Years Club  
14:00 - 16:00

## Front Cover: Sarah Duffield

I'm a local artist using paint to share my love of the beautiful landscape we live in.

I have spent over twenty years exploring colour and perfecting a painting style which is unique to me. As well as creating for exhibitions, I accept commissions and teach painting workshops for adults.

Find out more about me at  
[www.sduffieldart.co.uk](http://www.sduffieldart.co.uk)



## The Steyning Centre, Fletchers Croft, Steyning Remembering The Musicals with Amy Marchant.

Our meeting commences at 14:00 but the doors are open at 13:45. There will be a Raffle and a Bring and Buy table. After our business section, we welcome Amy back to entertain us with songs from various Musicals. Tea and biscuits will be served from 15:15. Entrance fee is £3 (£5 for visitors) and Annual Membership is £10 (each April). Please always contact Bev Francis-Hills 01273 493894 or 07801 442891 before attending for the first time/returning after a long break, for transport needs or any other information.

### Wednesday 7th August

Steyning Parish Council: Community Film Night  
19:30 - 22:00

The Steyning Centre, Fletchers Croft, Steyning

### Screening: DRIVING MADELEINE - FRENCH FILM - SUBTITLED

Madeleine, a 92 year old lady living in Paris, calls a taxi to reach the retirement home where she must now live. She asks Charles, a somewhat disillusioned driver, to go through the places that have mattered in her life, to see them one last time. Gradually, along the streets of Paris, an extraordinary history emerges, and Charles discovers the overwhelming past of the nonagenarian. Tickets are on sale at the Steyning Centre at £6.00 per ticket which includes tea or coffee during the interval. Wine can be purchased at £2.50 per glass. Doors open a 19:00 for a 19:30 start.

## Walter Wall Carpets & Flooring

FREE MEASURING SERVICE  
SAMPLES TO YOUR HOME  
PROMPT WRITTEN ESTIMATES  
FLOORINGS EXPERTLY FITTED

26 North Road  
Lancing  
BN15 9AB  
01903 750213



FITTED CARPET



VINYL FLOORING



LAMINATE FLOORING

Proud members of  
**Checkatrade**  
Where reputation matters



**Cam Bro**

Camilleri Family Local Builders since 1969

FREE ESTIMATES • FULLY INSURED

**VINCENT CAMILLERI BUILDING LTD.**

### BUILDING

- Extensions
- Loft Conversions
- Refurbishments
- General Building

### GARDEN

- Patio's
- Paths
- Block Paving - Driveways
- Garden Walls - Brick/Stone/Flint & Rendered Block



Tel: 07802 522312 / 01903 752937

[vincecamilleribuild@gmail.com](mailto:vincecamilleribuild@gmail.com)



## What if the best boiler cover service in the country was on your door step?

At Option Energy Solutions we have packages starting from just £8.50 per month

- ✓ Local company - Steyning residents
- ✓ Service plans and all inclusive repair plans for your heating system
- ✓ Unrivalled same day/next day **GUARANTEED** emergency attendance
- ✓ Zero excess payments
- ✓ Unlimited call outs
- ✓ Easy direct debit
- ✓ 1% of all sales donated to environmental causes



SCAN ME

Call us on **01903 814777**  
[www.youroption.co.uk](http://www.youroption.co.uk)



## Goring Glazing

Double glazing repairs & installation

- Full servicing and repair work undertaken
- All aspects of double glazing
- Replacement glass, handles, locks and hinges fitted
- New windows, doors and conservatories - all 'A' rated frames and glass
- Glass balustrades and glass splash backs

For a free quote, call us now on

**01903  
268200**

Email: [goringglazing@hotmail.com](mailto:goringglazing@hotmail.com)

46 Parklands Avenue, Goring by Sea



## PROTECTING YOUR ROOF

# C & S Roofing Specialists Ltd

Visit us at [candsroofingspecialistsltd.co.uk](http://candsroofingspecialistsltd.co.uk)



The Next Generation  
of Flat Roofing

### We Specialise in...

New Roofs • Flat Roofs • Tile & Slate Roofs • Re-pointing Chimney Stacks  
Leadwork • Valleys Renewed & Repaired • All Roof Repairs  
New PVC Fascias & Gutters • External Painting • Moss Removal

**Free Estimates • No Obligation • Pay No De-**

**ALL WORK FULLY GUARANTEED!**

OFFICE: 01273 961893 / 01483 378511

MOBILE: 07425 396324

EMAIL: [info@candsroofingspecialistsltd.co.uk](mailto:info@candsroofingspecialistsltd.co.uk)





## Treat yourself to a Spring Clean

Taking bookings for one-off cleans  
From £20 per hour  
(minimum 2 hours)  
Fully insured

01903 444266  
www.missmop.net

### \*\*CLEANERS WANTED\*\*

**Company Description**  
Join our fun, friendly but professional cleaning team.  
**Role Description:**  
This can be a full time or part time role located in West Sussex Areas. As a Cleaner at TigheBlitz, you will be responsible for maintaining cleanliness and hygiene standards in designated areas. Your day-to-day tasks will include sweeping, mopping, dusting, restocking supplies, making beds and general cleaning. Cleaning houses and commercial spaces. Hours from 2-35 per week whatever fits around your lifestyle. Please don't hesitate to get in touch if you may be interested or have any questions. You will get designated houses to clean weekly or fortnightly. Self employed work.  
**Qualifications:**  
• Previous Cleaning Experience • Good Attention to Detail  
• Reliable, Hardworking and Trustworthy • Driving License Required.  
Email: info@tigheblitz.com | Phone: 07511620336



### Professional Microsuction & Irrigation Ear Wax Removal for Children & Adults



To make an appointment, please call Nurse Cara on 07359 437894

<https://www.facebook.com/earforyouinwestsussex>

Home Visit ★ Qualified Nurses ★ NMC Registered  
CQC Registered ★ DBS checked ★ Fully Insured

## Soft Furnishings

Bespoke Curtains & Blinds  
Extensive range of fabrics  
Loose Covers & Cushions  
Tracks and Poles  
Alterations & Fitting



W: www.helenpuxleyfurnishings.co.uk  
E: helen@helenpuxleyfurnishings.co.uk  
Call: 07860 507483 | Henfield | AMUSF trained

### BEST CHOICE

## ROOFING

FLAT ROOFS / UPVC FACIAS  
SOFFITS / GUTTERING  
MISSING TILES  
CHIMNEYS / LEADWORK

www.bestchoiceroofing.co.uk  
T: 01903 773699 • M: 07961 410377  
marc@bestchoiceroofing.co.uk



Do you need some help in looking after your dog as you resume your normal work schedule? I am an experienced local dog walker and have spaces available throughout the week!



- ✓ Groups from 2 - 5 with friendly well-mannered dogs.
- ✓ Fun and interesting walks in woods, fields, and nature reserves.
- ✓ Happy to look after other fur baby's.
- ✓ Secure, safe and ventilated transport with professionally fitted crates, water bowls, cool mats, towels and a pet first aid kit.
- ✓ Fully insured, pet first aid certified, db's check.
- ✓ Messages sent to you on pick up and drop offs, detailing your dogs walk.
- ✓ I love and treat all the dogs I am entrusted with like they are my own.

If you have any questions or would like your dog join my group walks, please pop me a message?  
Facebook/4paws. Or WhatsApp 07432570931.

## LOCAL BUSINESS FOCUS

### Fi Fi Phone fun!



Somehow, we managed to hold off allowing my eldest son, Elliott, to have a mobile phone until he turned 12. Consequently, there was no way we he was going to wait a day longer than this, so he was duly presented with a second hand, but remarkably scratch free, smart phone on his birthday. He took to it rather too well and it wasn't long before he seemed to have the most active message feed in the household! Despite me fiddling with various parental controls, it always seemed to be ping away in the background and causing distraction and annoyance.

I therefore had mixed feelings of disappointment and mild satisfaction when he confessed to having lost his phone 6 weeks into its newfound ownership on a school trip. No amount of "finding my phone" seemed to work with the result that Elliott's emotions were far less complex – dismay probably summing things up nicely! However, dismay quickly turned to relief when we discovered that the school insurance policy was able to cover the cost of the phone and I am sorry to say that he is now back on comms...

Everyone has positive and negative stories with regards insurance claims, and this is certainly the case in the realm of pet insurance. One definite example of a negative is the scenario where an owner puts in a claim on their pet insurance and, when the policy comes up for renewal, the insurance provider increases the premium way above the previous year. This leaves a dilemma – pay the new, increased premium and maintain insurance for the condition for which they have previously claimed, or change to another provider with a cheaper premium. The issue with changing provider is that a new provider will NOT cover for a "pre-existing condition", so the pet will no longer be covered for anything related to it.

The whole process has always seemed unfair to me, and I can't think of many other types of insurance where premiums can be put up and there is no alternative to maintain the same cover. So, I was excited when I learnt about **Pet Proactive** – an insurance company who provide policies in a

new way and I am pleased to say that Hawthorn Vets are one of the first practices to work with them.



### So, what do they do differently?

- **Pet Proactive** only work with independent vets and all their premiums are based on the fair pricing at Hawthorn Vets, not the national veterinary market. This means that most of our customers will get competitive premiums for an equivalent policy from another provider.
- Although your pet's premium will increase with age, **Pet Proactive** aim to keep their renewal premiums as low as possible so you can keep your pet insured for life.
- **Pet Proactive** will never increase your premium just because you have made a claim.
- **Pet Proactive** can access your pet's medical history at Hawthorn Vets and can confirm any pre-existing conditions or exclusions at the start of the policy so you know exactly what is covered.
- There is one single excess of £100 per year regardless of the number of claims made or the number of conditions. Cover ranges from £4,000 to £12,000 per year.

Overall, I feel this is a very positive change in the field of pet insurance. More information is available on our website, but if you are interested in getting a quote for your pet, all you need to do is visit: [www.petproactive.pet](http://www.petproactive.pet) and enter your mobile number to get instant quotes. Please note that your pet will need to be registered at Hawthorn Vets and be under 6 years of age to be eligible. If you aren't registered, you can do so by contacting us.

Now time for me to find out if my car tyres are covered after driving into that pothole.....



**Hawthorn**  
VETERINARY SURGERIES

**Hawthorn Veterinary Surgeries**  
Hawthorn House, High Street, Henfield,  
West Sussex. BN5 9DA.  
Call 01273 495227 or email:  
[reception@hawthornvets.co.uk](mailto:reception@hawthornvets.co.uk)



While the topic of one's own mortality may not be the most pleasant of conversations, it is a crucial one. The creation of a legal Will is an essential task that far too many of us procrastinate or overlook altogether.

The impact of not having a Will in place can be both frustrating and detrimental, especially to the loved ones left behind. First and foremost, without a Will, the distribution of one's assets becomes a complicated and often contentious affair. In the absence of clear instructions, intestacy laws take over, and this can sometimes result in assets being distributed in ways that may not align with the deceased's wishes. Without a Will, there can be significant delays in the probate process too, this can tie up the deceased's assets for months or even years depending on the complexity of the estate being left.

For those with children it is really important to have conversations with those people you would choose to take care of them in the event that anything happens to you. Without a Will, you have no say in who or how your children will be raised in your absence. In today's world of blended families, ensuring that you have officially documented who you want to inherit and when is even more important.

Making your Will is a simple process in most cases, you can use your Solicitor, a dedicated Estate Planning service like us or even go online. I tend to find that due to the nature of the subject, most people feel more comfortable talking through their options with a real person and we can do this either in our office or in your home- wherever you feel most comfortable.



01903 821010  
wills@nsure.co.uk  
www.nsureestateplanningservices.co.uk

Emma Cohen **FIPW**

In 2020, Emma became the youngest ever fellow of the Institute of Professional Willwriters, showing her dedication to the profession.



# HOW WILL YOU LEAVE YOUR LEGACY?

## GET IN TOUCH



2023

Anna & Tom



Scotland 2022  
A little romantic break

WILLS@NSURE.CO.UK  
01903 821010





"My mum who has Alzheimer's absolutely loves these sessions – it's a wonderful activity that we can do together and she really comes alive."

Supported and sponsored by:



## Love to Move and Time to Chat

Love to Move is seated exercise for all, especially those with dementia and their carers. Delivered by British Gymnastics' Love to Move coaches. There will be refreshments and time to chat after the class. There will be a nominal charge.

Tuesdays 1:30 to 3:00pm

From September

Fletchers Croft, Steyning BN44 3XZ

To book your seat please contact: [cherrytolcher@hotmail.com](mailto:cherrytolcher@hotmail.com)



## Keeping you safe, Right at Home

We deliver trusted care and support in the comfort of your own home in Steyning and the surrounding areas



Our highly trained CareGivers can support you with your daily routine:

- Companionship • Meal Preparation • Medication support • Personal Care
- Live-in Care • Dementia support • Help with washing & dressing

"From the first phone call we made to ask for help for our father's care, Right at Home couldn't have been more kind, friendly, reassuring and professional. The team will never know what a huge difference they made"

Homecare.co.uk review

Call now for a  
**FREE**  
care assessment

For more information, please call:

**01273 286172**

[www.rightathomeuk.com/worthingshoreham/](http://www.rightathomeuk.com/worthingshoreham/)



## Let us give you something to smile about...

- NHS/Private Patients
- See patients within 24 hours
- Six Month Smiles
- Facial aesthetics
- Your safety is our priority
- Our dental team follows all NHS Covid-19 protocols
- Family friendly practice
- Feel confident at social and business events



### Think of Mallards...

2 Mallard Way, Henfield, BN5 9HF

### SUPER SATURDAY

Kids NHS check-up

Saturday 25th February, 8am - 2pm

Please contact us to arrange an appointment

**CALL 01273 495 966 TODAY**  
or email [enquiries@mallardsdental.co.uk](mailto:enquiries@mallardsdental.co.uk)  
[www.mallardsdental.co.uk](http://www.mallardsdental.co.uk)



**MALLARDS DENTAL PRACTICE**

We will give you something to smile about



### SCIENTIFIC HOLISTIC SPECIALISTS

Shop 3, Cobblestone Walk,  
74 High Street, Steyning, BN44 3RD

### OSTEOPATHS

Gemma Rabanser M.Ost  
& Ben White M.Ost

01903 812466

[info@steyningosteopathicclinic.co.uk](mailto:info@steyningosteopathicclinic.co.uk)  
[www.steyningosteopathicclinic.co.uk](http://www.steyningosteopathicclinic.co.uk)



### Shiatsu Physical Therapist

Hello my name is Tanya Price. I have lived and worked in Steyning for 20 years qualifying from the London College of Shiatsu in 1993. Being a physical therapist is my passion as the positive difference it makes is very rewarding.

Treatment is fully clothed wearing soft flexible clothing and involves stretching, manipulation and pressure points. This is done on the floor on my futon, physio couch or chair.

Shiatsu can effectively help sciatica, hip and back problems, joint and disc stiffness, general aches and pains, lowering blood pressure, improving lymphatic drainage and giving a sense of well being.

Suitable for any age, each session is tailored to suit your specific mobility.

I am at Body Matters Steyning daily and offer Friday evening appointments.

**07717152673 | [tanyaprice-shiatsu.co.uk](http://tanyaprice-shiatsu.co.uk) | Fully insured | £50 for an hours treatment.**





## July 2024 Book Reviews

### Children's Books



#### **Reek by Alastair Chisholm**

Barrington Stoke  
paperback £7.99

Barrington Stoke publish exciting books for dyslexic or reluctant readers, which pack LOTS of plot into a short number of pages, and REEK, by top children's sci-fi writer Alastair

Chisholm is no exception!

Earth has been enveloped by The Reek, a toxic cloud which has rendered the air unbreathable. Everyone is dependent on the purified, filtered air sold by multinational corporation Zephyr, run by the enigmatic tech-billionaire Axel Brodie. Young Sparrow is struggling to help her family survive, zipping around the city with her air tank and her air-skates earning a pittance as a courier... until her brilliant inventor friend, Miriam Fenn, comes up with a new form of technology that could break Zephyr's monopoly on the air supply. But Axel Brodie is not ready to give up his stranglehold and he'll stop at nothing to prevent Miriam and Sparrow's invention becoming public... Who will triumph in this battle to breathe?

*A thought-provoking read for children aged 9+*



#### **The Houdini Inheritance by Emma Carroll**

Faber paperbacks £7.99

Queen of kid's historical fiction Emma Carroll does it again, with a cracker of a story which sweeps you from a sleepy seaside town to the sideshows of Coney Island, with plenty of skulduggery along the

way!

1920's Devon: Glory and Dennis are THRILLED to hear that their idol, world-famous escapologist Harry Houdini, is

Steining Bookshop - 01903 812062  
Monday - Saturday: 9:30 - 17:30  
info@steiningbookshop.co.uk

coming to town! After watching Houdini perform a death-defying leap from the town pier, the children sneak into his show, but when Glory accidentally outsmarts him with an impossible padlock, the kids become embroiled in a cloak and dagger mission, involving Houdini's precious trunk of secrets, a small fluffy dog, murderous mediums, malevolent magicians, and a mad quest across the Atlantic to Coney Island.

*An exciting quest adventure bursting with twists and turns and relatable yet quirky characters! For readers aged 9+ .*

### Adults Books



#### **Versions of a Girl by Catherine Gray**

Headline hardback £18.99

I raced through this intoxicating novel in just 2 days – it's a breathtaking ride!

Versions of a Girl is a unique novel with an interesting premise, looking at two versions

of the same girl, whose timeline splits when she is 14. Fern was abandoned by her mother aged 7 and since then has lived a hand to mouth existence in the States with her boozehound Irish musician dad. Aged 14, she is summoned to live with her mum, now a well-heeled social climber, in London. And this is where the timeline splits. Fern stays in the States with dad. 'Flick' returns to London to be finessed and fussed over by her neurotic, narcissistic mother. Two possible lives. One person. And an unsolved murder back home in Ireland, many years before. Each Fern takes a different direction in life, yet they both end up a hot mess.

This novel asks big questions about the nature / nurture debate, is full of hilariously sharp one-liners, jerks tears of both joy and sadness AND has a huge twist at the end! What more could you ask? Fern/ Flick is a delightful, wild and headstrong character with an authentic, believable voice, and you'll

**An Evening with CATHERINE GRAY**

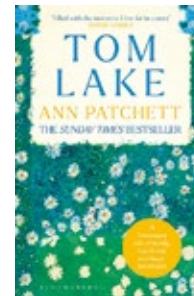
Meet the author of *THE UNEXPECTED JOY OF BEING SOBER* as she introduces her breath-taking debut novel!

**Tuesday 9th July 7.30pm**  
**At the Steining Bookshop**

Ticket only £6 / Ticket with book £18

be rooting for her every step of the way!

*Catherine will discuss her novel at the bookshop on Tuesday 9th July*



#### **Tom Lake by Ann Patchett**

Bloomsbury paperback  
£9.99

A great summer read much enjoyed by bookshop owner Sara. A gentle, lyrical tale in which a mother relates the story of her youthful love affair with a young actor to her

adult daughters, as they spend a lockdown summer together. The actor in question subsequently becomes a world-famous movie star. With enough 'edge' to stop it teetering into saccharine, this is a beautiful study of family dynamics under the hothouse pressure of the pandemic.

*A moving meditation on youthful love, marriage, and the lives parents lead before their children are born.*

**Steining & District Flower Club**

Invites you to an evening with

**Gill Smagglesgale**

Demonstrating her Floral Designs entitled

**"Show Stopper"**

Wednesday  
24th July 2024  
The Steining Centre  
Steining BN44 3XZ  
7pm for 7.30 pm

Non-Members Tickets  
£7 on the door



## The Importance of Continuing Professional Development (CPD) for Chiropractors and the latest understanding of Pain.

Continuing Professional Development (CPD) is essential for chiropractors to maintain and enhance their clinical skills and knowledge. This ongoing education is vital for several reasons:

### 1. Staying Current with Advances:

The field of chiropractic care, especially in pain management, is continually evolving with new research and technological advancements. CPD ensures chiropractors are informed about the latest developments, allowing them to integrate evidence-based practices into their treatment protocols.

### 2. Improving Patient Outcomes:

Enhanced skills and updated knowledge directly translate into better patient care. By engaging in CPD, chiropractors can offer more effective treatments, improving patient satisfaction and potentially accelerating recovery times.

### 3. Professional Competence:

Regularly updating skills through CPD is a professional obligation. It demonstrates a commitment to maintaining high standards of practice, which is crucial for gaining and retaining patient trust.

### 4. Regulatory Requirements:

Chiropractic associations and regulatory bodies require practitioners to complete a certain amount of CPD annually. This ensures all practicing chiropractors meet minimum competency standards.

### Recently Completed Course: Explain Pain.

Mark at Well Adjusted Health has recently completed the "Explain Pain" course, provided by the Neuro Orthopaedic Institute (NOI). This course offered an in-depth exploration of contemporary pain science. Here are some key details and overview: In a world experiencing an epidemic of chronic pain and increasing evidence of the failure of synthetic drugs, simple but

extremely powerful educational tools can effectively target the natural pain treatment systems within us all. More is known about pain in the last twenty years than in the thousand years before and it's all providing answers to "why do I hurt the way I do" and "what can I do about it". The knowledge is applicable to young and old, from back pain to hemiplegia and general aching to the complexities of phantom pain and complex regional pain syndrome.

#### • Course Focus:

Updating healthcare professionals about the latest pain science. Topics include the neuroimmunology of pain, the concept of bioplasticity (the brain and body's ability to change and adapt), and practical strategies for managing chronic pain.

• **Educational Objectives:** to provide a deep understanding of how pain works, which can help chiropractors reduce patients' negative beliefs about pain. This understanding is crucial for integrating educational therapy into their practice, making it a powerful complement to active treatments.

• **Benefits for Chiropractors:** By participating in this course, Mark gained new insights into pain mechanisms and learnt effective communication strategies to educate patients about their pain. This knowledge helps in tailoring more effective, personalised treatment plans.

CPD is a cornerstone of professional growth and excellence for chiropractors. Courses



like "Explain Pain" exemplify the type of high-quality educational opportunities available, enabling practitioners to stay at the forefront of pain management and patient care. Engaging in such courses not only meets regulatory requirements but also enhances the chiropractor's ability to provide compassionate, informed, and effective care to their patients.

Mark is still as passionate about his learning and education as he was when he set out on his Chiropractic journey 15 years ago. This has translated to a successful practice in Ashington with most of his new patients coming from personal recommendations. Something that he is extremely proud of and also translates to being awarded the Patient Quality Mark many times.

If you have a specific question regarding any pain or problem areas, or would like to book a Free 15 minute consultation for you or your family please call Well Adjusted Health on 01903 892171

If you would like a check or to discuss how we may be able to help you call us for a FREE no obligation 15-minute assessment.

SUBSCRIBE TO  
OUR MAILING LIST  
[yourmag.co.uk](http://yourmag.co.uk)



**CJ PLUMBING**  
& PROPERTY MAINTENANCE  
20+ years experience  
Family business

- ✓ All plumbing works.
- ✓ Bathrooms.
- ✓ Bathroom insulation.
- ✓ Residential, commercial & general home maintenance.

Based in Cowfold, West Sussex  
07931 330 392 | [cleve@cjplumbing.co.uk](mailto:cleve@cjplumbing.co.uk)



## Well Adjusted Health

Gentle Chiropractic Healthcare

### Resolve to finally sort that pain

## Specialists In Back Pain, Neck & Shoulder Pain, Headaches, Hip Pain & Sciatica

## We Can Help You Live Your Life Without Pain And Get You Back To Your Best ASAP

## Call us for a FREE 15 minute assessment



2022 - 2024

**01903 892171**  
The Sport Pavillion, Church Lane,  
Ashington • RH20 3JX • [www.well-adjusted.co.uk](http://www.well-adjusted.co.uk)

# MARK JONES

MCHIRO, DC

## Purple Emperor

In any book on British butterflies, you'll find our 58 species segregated into social ranks: the common browns, the blue-collar blues, the working-class whites.

But turn the page, past the lepidopteral lower-classes, and you'll find a butterfly so unique, so magnificently majestic, so breathtakingly beautiful that for centuries British naturalists have bowed before it. Draped in resplendent robes of iridescent amethyst, obsidian, and ermine the Purple Emperor has to be one of the most impressive animals on our island. In July the purple reign begins.

Aside from an alluring appearance, Emperors also possess that combination of rarity and elusiveness which has elevated them into an almost mythological figure: a butterfly bigfoot. How a large, shiny, purple butterfly manages to exist undetected in our countryside is down to an arboreal existence. Purple Emperors spend almost all their time on lofty thrones high above our woodlands. If we're lucky we may glimpse the glide of a wide-winged silhouette as we stare sore-necked and squinting at the Sycamore skyline.

Up there, in their canopy kingdom, Emperors compete in a power struggle for territory and males gather for summer tree-top tournaments. Their wings flash as they clash in acrobatic aerial jousting, and they spar



Purple Emperor Roger Wilmshurst

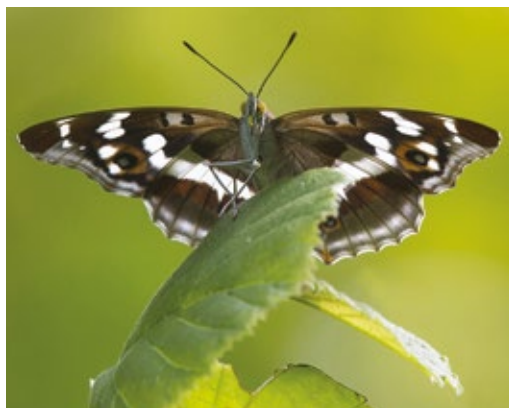


and spiral high into the Sussex skies. The Emperor's ferocity and fearlessness in the defence of his realm are famous. Butterflies, bumblebees and other insects get a battering if they trespass and, incredibly, bemused birds (including Sparrowhawks, woodpeckers, gulls and herons) also receive a warning wing-slap.

Emperors don't lower themselves to feast on flowers like other butterfly riffraff. The Emperor sups sugars by quaffing only the finest honeydew distilled by aphids in the treetops. Yet, in complete contrast to its aristocratic high life, the Emperor has some dirty habits which drag him down to the filthy forest floor.

To get his majesty's mojo working he requires a mid-morning meal of minerals, which he obtains by probing his proboscis into the most disgusting muck he can find. Dog poo, used nappies, dead animals, sweaty feet – nothing is too repugnant. It's like finding the King rummaging through the bins at the back of Tesco.

The female Empress does not have the shining sheen or horrid habits of the Emperor but she too descends to lower levels



Purple Emperor Bob Eade

searching shady Sallows for a place to lay her eggs. Camouflaged caterpillars munch from August to June before giving rise to another distinguished (but disgusting) dynasty.

Recently, the Emperor has extended his empire eastwards. Once a butterfly of north-west Sussex it can now be found all across the north of the county and has been reported around Uckfield – there have even been rumoured sightings in the very heart of Brighton – so keep your eyes to the skies.

By Michael Blencowe:  
Learning & Engagement Officer,  
Sussex Wildlife Trust

Sussex Wildlife Trust is an independent registered charity caring for wildlife and habitats throughout Sussex. Join Michael Blencowe on our regular wildlife walks and also enjoy free events, discounts on wildlife courses, Wildlife magazine and our guide book: Discovering Wildlife in Sussex.

It's easy to join online at:  
[www.sussexwildlifetrust.org.uk/join](http://www.sussexwildlifetrust.org.uk/join)  
or T: 01273 497532

## Treedom TREES • FENCING HEDGES • LOGS

Day: 07941 62 2442

Email: [treedom23@yahoo.co.uk](mailto:treedom23@yahoo.co.uk)

Website: [www.treedomsussex.co.uk](http://www.treedomsussex.co.uk)

Call **Simon Zec** to answer any questions or project queries you may have and to arrange for a free quotation.

"Treedom is fully insured up to 10million pounds, works to British Standards and we are NPTC qualified"

You can now follow **Treedom** on:  
twitter (@treedom\_trees) or:  
facebook ([facebook.com/treedomtreesurgery](https://facebook.com/treedomtreesurgery))

SUBSCRIBE TO  
OUR MAILING LIST  
[yourmag.co.uk](http://yourmag.co.uk)

## ROB SYKES: ELECTRICIAN

Steyning based electrician

For all your electrical needs in the home, including:

- ✓ Lighting
- ✓ Sockets
- ✓ Fuse box upgrades
- ✓ Fault finding & fixing
- ✓ Shower and cooker wiring
- ✓ Rewires and extensions
- ✓ Outdoor power & lighting
- ✓ Free estimates & advice

NICEIC registered

M: 07739 989 266

[www.robsykes.co.uk](http://www.robsykes.co.uk)

## QUALITY AND VALUE DIRECT FROM THE GROWER!

- You will find an exceptional range of Seasonal and Hardy plants here at our Nurseries in West Chiltington – all grown and sold on site!
- Fantastic selection of 1 Litre Hardy Perennial Plants just £2.95 each – Pick & Mix any 10 for £22.



**GOOD NEWS!**  
**YOU WILL FIND OUR  
PLANT PRICES ARE EVEN  
MORE COMPETITIVE THIS  
YEAR!**

## VILLAGE NURSERIES

SINNOCKS, WEST CHILTINGTON, RH20 2JX  
01798 813040

**OPEN 9AM - 5.00PM - 7 DAYS A WEEK  
THROUGHOUT THE SUMMER**  
[village-nurseries.co.uk](http://village-nurseries.co.uk)  
[peter@villagenurseries.co.uk](mailto:peter@villagenurseries.co.uk)



## Steining for Trees: The Festival

What a great time we have had, culminating in the wonderful talk given by Dame E. J. Milner-Gulland, Professor of Biodiversity at Oxford University at Wiston.

This was sponsored by Mayo, Wynne, Baxter, expert local solicitors. We managed to fill the Great Hall, enjoyed our glass of wine and delicious quiche. Many thanks to Wilton Park staff and chef for giving up their time at the weekend. The reception was accompanied by Cathy Cobbold's lovely Sign Language Choir.

Nick Linfield told us about Wilton Park and the work they do for world peace.

EJ told us the story of saving the Saiga Antelope. It is now a beacon of hope for conservation although it was very much touch and go initially. It was great to see so many people enjoying this exclusive account first hand from EJ herself.

David Buckett told us about taking her and other SGS pupils to Dorset on field trips and I know he so enjoyed meeting his former pupil again. She remembered her childhood when there was so much more biodiversity. I remember mine too, a lot further back! Getting up early in the morning and walking down our garden hedge that was buzzing with the sounds of birds, bees and other creatures, where has it all gone. Lets hope with people like EJ leading the way we can all help to leave a better future for wildlife and therefore future generations.

### BUG HUNT for children at Shooting Field:

This was a sell-out and many thanks to David B and Fran for their knowledgeable explanations. So many of the children and their parents or grandparents were fascinated by what was found, enjoying the swishing of nets and expert explanations. Our old friend acer campestre (field maple) with a gentle shake produced plenty of bugs, what a wonderful host tree it is. They were then swished into nets, and tipped out onto trays for closer inspection. Many of the children were really engrossed by the whole process, definitely some budding environmentalists among them.

### WALK and TALK:

We had a good crowd for this and we explained about the various areas we passed and the



different approaches, trees etc. we used to increase biodiversity there. This included our tree from the Queen's tree of trees outside Buckingham Palace, we were so honoured to receive this for our work. We look after it with care and it is growing well.

We supported Greening Steining on the 1<sup>st</sup> Saturday with our stall. Our children's activity 'How to Become a Tree Trooper' was well supported. Again an educational game promoting deeper understanding of the advantages of tree planting. Lots of rosettes were won. We ended up with this lovely tree drawn by David, the leaves added after bark rubbing by the children. Many thanks to SFT committee, I think everyone contributed in different ways to this. It was much admired by other stallholders.

### CHELSEA:

We were pleased that so many gardens at the **Chelsea Flower Show** were really emphasising their use of trees, creating some lovely shaded, atmospheric areas. Cool oasis for the ever increasing heat of climate change. Such an excellent example to follow, and so helpful too for biodiversity.

This is our lovely Cornus cousa claudia in our own rewilded garden. We removed a flowering cherry which had honey fungus and were advised by the RHS to plant Cornus (dogwood) as it is resistant to it. This is a cultivated derivative of a common British tree. It needs slightly acidic soil. We are lucky enough to have mainly neutral soil so can push it either way. It is such a joyously lovely tree.

### STOP PRESS:

We have been awarded a generous grant for the first time from the **Rampion Community Benefit Fund**, which is administered by Sussex Community Foundation who have supported us in the past.

We are very grateful for this recognition of tree and hedge/wildlife corridor planting contributing to fighting climate change.



## Live for today *plan* for tomorrow

You probably know where you want your inheritance to go when you die. But making sure your legacy gets to the right people at the right time can be hard work. There's a lot to think about, from clearly documenting your intentions to making the most of gifting allowances and pinpointing legitimate ways to mitigate Inheritance Tax.

We offer a friendly, local service, backed by the strength and security of FTSE 100 company St. James's Place Wealth Management. Let us guide you through the estate planning maze and make sure your inheritance plans come good.

### Let's start a conversation.

#### Matthew Wykes

DipPFS  
Principal

01403 710422

07974 062561

matthew.wykes@sjpp.co.uk

www.matthewwykes.co.uk

Matthew Wykes Financial Services is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website [www.sjp.co.uk/products](http://www.sjp.co.uk/products). The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practitioner' are marketing terms used to describe St. James's Place representatives.

SJP Approved 05/03/2024

Partner Practice

**St  
James's  
Place**

SJP1495e B1 (02/22)



## Chalcraft

FUNERAL DIRECTORS

### Make Your Wishes Known

Not all funeral plans have to be financial.  
Chalcrafts offer a free service where your wishes can be lodged for when the time comes.

### Why?

Having your wishes known simply means your loved ones are in no doubt of your preferred funeral arrangements.

### Why Chalcrafts?

We believe in an open and honest approach when it comes to creating a funeral of your choice. We offer a range of services to suit different beliefs, budgets or personal requirements.

### How?

Feel free to call, email or pop in and see us and we will happily talk through your options.

Chalcraft Funeral Directors,  
55 High Street, Steyning, BN44 3RE  
01903 812656  
info@chalcraftfunerals.co.uk

**SUSSEX**  
**OVEN**  
**CLEANING.CO.UK**

**ECO GREEN OVEN CLEANING**

Sussex Oven Cleaning is a family run business based in Sussex and we pride ourselves on our high standard of service and strive to leave every customer completely satisfied with our service.

fsb<sup>8</sup>  
MEMBER

Member of  
The Association of  
Approved Oven Cleaners

Which?  
Trusted Trader

### We can clean:

- Ovens
- Range style cookers
- Hobs
- Extractors
- Grills
- Agas
- Barbeques
- White goods including fridges, freezers, washing machines, dishwashers and tumble driers.

*"I have used Sussex Oven Cleaning for several years and have always been more than delighted with the result. This time Jody cleaned my oven and was as professional and polite as everyone else at this friendly company"*

**CALL US ON: 01903 416606 or email: info@sussexovencleaning.co.uk**

### GLENN REED TILING SERVICES

Providing quality tiling & exceptional service

**COMPLETE BATHROOM & KITCHEN DESIGN & FITTING SERVICE**

**WALL & FLOOR TILING**

glennreedtilingservices.co.uk

**07854 753165**

### MARK PERRY

**REGISTERED DOMESTIC ELECTRICIAN**

*Rewires, Lighting,  
Extra Power Points, Testing*  
Part 'P' Registered  
m.perry100@btinternet.com  
**01903 815218**  
**07979 964410**



Year-round gutter cleaning and maintenance services

Proud members of  
Cheekatrade.com

- Contracts Undertaken
- Minor Gutter Repairs
- Unblocking Downpipes
- Window Cleaning
- Seasonal Care and Maintenance
- Residential Gutter Cleaning
- Commercial Gutter Cleaning
- Fascia and Soffit Cleaning
- Jet Washing Drives & Patios

Experienced in managing commercial and residential environments, we offer a professional, affordable and complete gutter cleaning and maintenance service.

If you have a site or premises that needs looking after, please contact us today.

Call **07532 453 873** for your free quote  
completeteguttercleaning@yahoo.com  
www.completeteguttercleaning.co.uk



## July Gardening Journal

It's that time of year when most of the moisture has left the soil surface and your plants are having to find water deeper down. If you've planted anything this year, then your plants will need a little extra help to get established. I always find a thorough soaking as opposed to little and often is always best - the water permeates deeper into the soil encouraging the roots to follow. Using an open hose directly to the roots of plants, for around 10 seconds per plant, every week will really help your garden thrive, especially during sunny spells and heatwaves.

*Leucanthemum superbum*, commonly known as the Shasta daisy, is a herbaceous perennial with the classic large daisy appearance of white petals around a yellow disc, similar to the native field daisy, or oxeye daisy, (*Leucanthemum vulgare*), but are larger, later flowering and stronger for longer.

It originated as a hybrid produced in 1890 by the American horticulturist Luther Burbank. It was named after Mount Shasta - an inactive Californian Volcano, because its petals were the colour of the snow. Some members of the genus are considered noxious weeds, but the Shasta daisy remains one of my favourite garden plants to plant in drifts through the middle of a mixed herbaceous border.

*Leucanthemum* are robust and clump forming with lance shaped, toothed, glossy or fleshy green leaves. The flower heads start to appear in early summer and continue to be produced (especially if you remove the old dead ones) right into autumn. The flower

Article by Alex Bell  
T: 01903 815065 M: 07866 747849

stalks are around 2ft tall and in most varieties the flower heads are some 4in across when fully open.

Many cultivars are suitable for cut flowers and have gained the Royal Horticultural Society's Award of Garden Merit. All Shasta daisies make excellent cut flowers for the house on their own or as part of a mixed arrangement. In more windy or coastal positions the plants may need metal supports to keep them upright and stop them flopping open. These are best put in place in the border in early June before the plants start to flower.

These plants are so easy to propagate, by division, in early spring that it is hardly worth the effort of growing seeds in the cold frame. The clumps expand quickly, filling the space in the border, so much so that you may find yourself having to dig them up periodically to contain them.

Attractive to butterflies, *Leucanthemum x*



Plant of the month - *Leucanthemum x superbum*



*superbum* is a tough and reliable herbaceous perennial that is untroubled by pests and diseases and thrive in all soils including heavy clays. Good planting partners include, *Salvia Purple Rain*, *Calamagrostis Karl Foerester*, *Echinops Taplow Blue*, *Nepeta Walkers Low* and *Penstemon Hewels Pink*. A great herbaceous plant that is easy to look after and will grow happily, even for the novice gardener.

### Jobs to be Done July:

#### Ornamental Garden:

- Continue to deadhead herbaceous perennials and roses as flowers go over.
- Weed!!!
- Continue to edge borders.
- Cutback oriental poppies once flowered.
- Divide bearded irises if flowering is declining - re plant the youngest rhizomes.
- Deadhead roses.
- Trim evergreen hedges.
- Turn compost heaps.
- Cut back spent flowers of climbing hydrangea.

- Feed dahlias/cannas etc.
- Take cuttings of clematis.
- Sow biennials.

#### Vegetable Garden:

- Thin dessert apples and cooking apples.
- Sow spring cabbages and plant out winter cabbages.
- Water courgettes consistently to encourage a good crop.
- Mulch long term crops like brassicas
- Water fruit trees/bushes.

SUBSCRIBE TO  
OUR MAILING LIST  
[yourmag.co.uk](http://yourmag.co.uk)

**alex bell**  
GARDEN DESIGN  
Award Winning Garden Designer

creative concepts for traditional  
and contemporary gardens

Telephone: 01903 815065  
Mobile: 07866 747849  
Email: [alex@alexbellgardendesign.co.uk](mailto:alex@alexbellgardendesign.co.uk)

[www.alexbellgardendesign.co.uk](http://www.alexbellgardendesign.co.uk)

**Alpine Installs**

TV AERIALS • WIFI POINTS • CCTV  
SATELLITE • TELECOMMUNICATIONS  
DATA ACCESS

[info@alpineinstalls.com](mailto:info@alpineinstalls.com)  
Call Scott on 07845 497 315  
[www.alpineinstalls.com](http://www.alpineinstalls.com)

**SECURED 24/7**

INTRUDER ALARMS • FIRE ALARMS • CCTV  
ACCESS CONTROL • EMERGENCY LIGHTING

**01273 495 817**  
[secured247@btinternet.com](mailto:secured247@btinternet.com)

## Rain, Rain Go Away

We have been bemoaning the dreadful weather of recent months; but it is not a new phenomenon. In the past the success or failure of the harvest was crucial to the livelihood of any community grounded in farming – such as that of Steyning. If bad weather led to dire harvests, people had something to say.

At harvest time in 1630, for instance, Archbishop Laud noted in his diary that the winter before *'was extreme wet, and scarce one week of frost. This harvest scarce; a great dearth in France, England, and the Low countries.'* Within the Rape of Bramber the average price of wheat had been 32s. a quarter; but it jumped up after the bad harvest to 64s. Nearer the Downs people lived largely on barley bread, and that too rose in price from 16s. to 40s. a quarter.

The authorities attempted to ameliorate the impact of these price rises. The magistrates encouraged subscriptions to a common stock for the purchase of corn to supply the different parishes; employing *'Badgers'* to buy it and re-sell it to the poor at 1s. a bushel (i.e. 8 shillings per quarter) less than it had cost. They also compelled farmers to sell in public markets at hours convenient to the poor and restricted the amount of barley that was syphoned off for malting for use in beer making.

Meanwhile, because prices were yet higher in Surrey and in London, supplies were diverted from Sussex and stocks were depleted.

There was yet further depletion when the government bought substantial quantities of wheat for the navy; on two occasions in 1638 there was only one sack of corn remaining for sale at Steyning's weekly market and Sir John Leedes had to step in to bar

any further stocks being shipped out from Shoreham.

On the other hand, particularly bountiful harvests could lead to damagingly low prices as it did in 1618. The government, in the name of the king, intervened saying that there was *'such plenty and store of corn, as that the price thereof is become so small and low, as tend greatly to the ymperishing as well of the farmers as the owners of such land as consisteth of tillage and grain'* and that *'many farmers have been forced, these two last precedent years, through the extraordinary cheapnes of corn, to leave their farms'*. They added that *'At Michaelmas time poore men must make monie of their graine, that they may paie their rents'*. It was a time when substantial farmers such as the Parson's of Steyning could afford to ride out the fluctuations of the market place and add to their land holding, as small farmers faltered.

Meanwhile the poorest in society had to make do *'with bread made either of beans, peson, or otes, or of altogether [and some acornes among].'*



Two horse drawn vehicles attempting to pass one another during the winter floods of 1911.

Faced with a glut of grain and low prices the magistrates were instructed to take some of the stocks of grain out of the marketplace by finding *'some fitt place within that county, where a*

*magazine may best be provided for the keeping and stoaring of some reasonable quantity of corn'*. How effective this was is doubtful because just two years later, following a disastrously wet summer in 1620, there was anxious scratching around to discover *'what provisions and stores of corn, as well old as that of the last year's growth'* there were in the county.

There were yet more terrible harvests between 1646 and 1648. Great discontent with the parliamentary administration of the

situation bubbled to the surface in the form of protest groups known as *'clubmen'*. There was such support for these demonstrators, who massed around Horsham and Pulborough, that a Steyning correspondent was prompted to write *'Wee feare that we shall be imbroiled in blood in this county'*.

It didn't come to that, but troops had to be deployed to keep things under control.

Article by: Chris Tod - Steyning Museum.

### Richard Bates, local solicitor

*Helping you plan your and your loved ones' later lives.*

Advice on:

- protecting your wealth from tax and care fees
- powers of attorney & the Court of Protection
- support for attorneys and carers
- care finding and funding
- wills
- End of Life and probate

*Happy to see you at home*

Contact Richard on 01273 284012; or richard.bates@cognitivelaw.co.uk

[www.cognitivelaw.co.uk](http://www.cognitivelaw.co.uk)

Cognitive Law Limited is registered in England & Wales under company number 9753152. Our Registered Office is Sussex Innovation Centre, Science Park Square, Falmer, Brighton, BN1 9SB. We are authorised and regulated by the Solicitors Regulation Authority (SRA Number 626344) and comply with the SRA Code of Conduct.

## Cognitive Law



## Ben Warner Tree Surgery & Hedge Cutting

N.P.T.C. Certified Tree Surgeon - Fully Insured  
Free Assessment and Quotation

Regular & One-Off Visits  
Tree Felling  
Re-Shaping  
Crown Lifting

Dead Wooding  
Pruning & Hedge Cutting  
Stump Grinding  
Logs & Firewood Supplied

TEL: 07743 314 250





# Steyning Double Glazing

A local, well established company providing a comprehensive and friendly service

**A rated as standard**

- ✓ Energy rated A+ Windows Available.
- ✓ Windows & Doors.
- ✓ Facias, Soffitts & Guttering.
- ✓ Replacement of blown & misted up double glazed windows.



01903 810 013 | 07790 036 855 | E: njb61@live.co.uk



Building & Carpentry Contractor LTD

enquiries@adampierre.co.uk  
www.adampierre.co.uk  
01903 817176  
07811 112236

- New Builds
- Renovations
- Extensions
- Loft Conversions
- Kitchen Design & Fitting
- General Building
- Landscaping
- & More...



## ADVERTISER'S INDEX

<b>Accountants/Tax</b>	<b>Fabrics</b>	<b>Painting/Decorating</b>	<b>Wines</b>
Accountancy & Business Matters 2	Helen Puxley 24	Keltons Decorating 8	Chanctonbury Wines 17
Beltons Public Account 17		Riverside Home Maint. 19	
<b>Aerials/Home Theatre</b>	<b>Fencing</b>	<b>Personal Account Affairs</b>	<b>Windows/Doors/Conserv.</b>
Alpine Installs 41	GJM Landscapes 12	Beltons Public Account 17	Goring Glazing 22
Hamilton Cole 19	Riverside Home Maint. 19	BN Services 8	Steyning Dbl. Glazing 44
Norsat 12	Treedom 35		
<b>Auto/Garage Services</b>	<b>Financial Planning</b>	<b>Retirement Matters</b>	
LMC Auto Services 12	NFU Mutual 13	Cognitive Law 43	
		Nsure Estate Planning 26	
<b>Boiler Repair</b>	<b>Funeral Directors</b>	<b>Plant Nursery</b>	
All Lit 8	Chalcroft Funeral Direct.38	Village Nurseries 35	
Option Energy Solutions 22			
<b>Bookshop/Reading</b>	<b>Financial Services</b>	<b>Plumbing/Heating/Gas</b>	
The Steyning Bookshop 31	Matthew Wykes 37	CJ Plumbing 33	
		All Lit 8	
<b>Building/Architecture</b>	<b>Flooring/Carpets</b>	<b>Roofing</b>	
Adam Pierre 44	Walter Wall 21	Best Choice Roofing 24	
Cam Bro Building Ltd. 21		C&S Roofing Specialists 23	
Sussex Contractors 46		G Standing Roofing 13	
		Steyning Roofing 9	
<b>Business Affairs</b>	<b>Garden Services/Design</b>	<b>Security</b>	
Beltons Public Account 17	Alex Bell Garden Desig. 41	Omni3 9	
	Cam Bro Building Ltd. 21	Securec 24/7 41	
<b>Carpentry</b>	Riverside Home Maint. 19		
Adam Pierre 44		<b>Soft Furnishings</b>	
Riverside Home Maint. 19		Helen Puxley 24	
	<b>Guttering/Facias</b>		
	Complete Gutter Clean 39	<b>Tiling &amp; Slating</b>	
	G Standing Roofing 13	Steyning Roofing 9	
<b>Car Hire</b>	<b>Health/Sport/Fitness</b>		
A Cars 3	Ear Wax Removal 24	<b>Timber/logs</b>	
	Love to Move 28	Ben Warner 43	
	Shaitsu Physical 29	Treedom 35	
	Steyning Osteopathic 29		
	Well Adjusted Health 33	<b>Tree Surgery/Stump Grind</b>	
<b>Children's Clothing</b>		Ben Warner 43	
Imogen Ruby 19		Treedom 35	
<b>Cleaning Services</b>	<b>Home Appliances</b>	<b>TV/Aerials/Satellite/CCTV</b>	
Miss Mop 24	Carters Home Appl. 48	Alpine Installs 41	
		Hamilton Cole 19	
<b>Communications</b>	<b>Home Care Services</b>	Norsat 12	
Omni3 9	Keeping you safe 29	<b>Upholstery/Soft Furnishing</b>	
		Helen Puxley 24	
<b>Curtains &amp; Blinds</b>	<b>Home Maintain</b>	<b>Veterinary Services</b>	
Helen Puxley 24	Riverside Home Maint. 19	Hawthorn Vets 25	
<b>Dental Practice</b>	<b>Insurance/ Investments</b>	<b>Wall &amp; Floor Tiling</b>	
Mallards Dental 28	NFU Mutual 13	Glen Reed Tiling 39	
		Riverside Home Maint. 19	
<b>Dog Walking</b>	<b>Landscaping</b>	<b>Wills/Estate Planning</b>	
4 Paws 24	Alex Bell Garden Desig. 41	Cognitive Law 43	
	GJM Landscapes 12	Nsure Estate Planning 26	
	Kingston Landscapes 11		
<b>Cleaners Wanted</b>	Riverside Home Maint. 19		
Tighe Blitz 24			
	<b>Legal Services</b>		
<b>Electrical</b>	Mayo Wynne Baxter 47		
Mark Perry Electrical 39			
Omni3 9	<b>Moving &amp; Storage</b>		
Rob Sykes 35	LR Lomers 13		
TR Energy 11			
<b>Events</b>	<b>Oven Cleaning</b>		
Steyning & Dist Flower 31	Sussex Oven Cleaning 39		
	The Oven Magician 13		

Subscribe to our mailing list: yourmag.co.uk

Stay in touch



EDITORIAL & ADVERTISING ENQUIRIES

Call Us:  
Sales T: 01903 816803  
melanie@barawood.co.uk  
www.yourmag.co.uk

Copy Deadline for the **AUGUST** issue is **12th JULY, 2024** E&OE

Your Steyning, Bramber & Beeding is published monthly in the UK by Barawood Publishing Ltd. It is delivered to 3200 homes in Steyning, Bramber & Beeding. Printed on FSC accredited paper from managed forests using vegetable-based inks.

Please remember to recycle.

The views expressed in Your Steyning, Bramber & Beeding are not necessarily those of the editor or publisher. The publisher cannot accept responsibility for any errors or omissions relating to advertising or editorial. No part of this publication may be reproduced in any form without the prior written consent of the publisher.

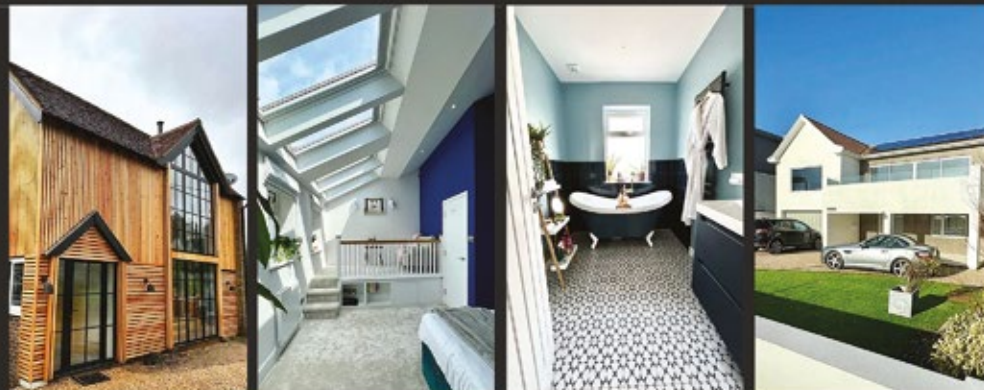
# SUSSEX CONTRACTORS

A LEADING CONSTRUCTION  
COMPANY BASED IN  
STEYNING AND WORKING  
IN AND AROUND  
THE SUSSEX AREA

OFFICE ADDRESS:  
UNIT K, COBBLESTONE WALK  
74 HIGH STREET,  
STEYNING, BN44 3RD

OPENING HOURS:  
8AM - 4PM

CALL - 01273 090131



DESIGN AND BUILD - NEW BUILDS - EXTENSIONS - GARDEN ROOMS  
RENOVATIONS - LOFT CONVERSIONS - GARAGE CONVERSIONS

WWW.SUSSEXCONTRACTORS.CO.UK  
EMAIL - BUILD@SUSSEXCONTRACTORS.CO.UK

 **Mayo Wynne Baxter**  
Solicitors



## Family Law Specialists



Call us on 01903 743201  
Offices across the South East

**Lexcel**  
Legal Practice Quality Award  
Law Society Accredited

**INVESTORS IN PEOPLE**  
We invest in people Silver



www.mayowynnebaxter.co.uk



FREE DELIVERY  
ON ITEMS OVER £150

INSTALLATION  
SERVICE AVAILABLE

# CARTERS

## Domestic Appliances

### Great Spring Deals in Store



#### AEG Freezer

Model ABE682F1NF  
Under Counter Freezer  
Frost Free, Frostmatic Function  
Freezer Capacity 85 Ltrs  
Reversible Doors  
2 Year Warranty

**Just £589.99**



#### Electrolux Single Oven

Model KOFGH40TW  
Built In Oven  
A Rated  
LED Display  
72lt Gross Litres Capacity  
2 Year Warranty

**Just £349.99**



#### AEG Double Oven

Model DCB331010M  
Built In Stainless Steel  
Top Oven Capacity 43 Ltrs  
Main Oven Capacity 68 Ltrs  
Energy Rating A/A  
AEG 2 Year Warranty

**Just £799.99**



#### AEG Washing Machine

Model LFR71864B  
Load Capacity 8KG  
ProSteam  
Energy Efficiency A  
Spin Speed 1600 RPM  
5 Yr Warranty

**Just £679.99**



#### AEG Dishwasher

Model FSB42607Z  
Fully Integrated Dishwasher  
13 Place Setting Capacity  
5 Programmes  
A++ Energy Rating  
AEG 2 Year Warranty

**Just £549.99**



#### AEG Tumble Dryer

Model TR718L4B  
Dry Load Capacity 8KG  
SensiDry Technology  
EcoFlow Filter  
Energy Efficiency: A++  
2 Year Warranty

**Just £679.99**

**AEG**

Special AEG and Electrolux promotion in store!



Electrolux

**CARTERS of Storrington**



13- 15 West Street  
Storrington  
Tel : 01903 959900

Email : [st@cartersdirect.co.uk](mailto:st@cartersdirect.co.uk)

★ euronics

Also Stores at :

Brighton, Preston Road	01273 628618
Haywards Heath, South Rd	01444 440260
Horsham, Medwin Walk	01403 211551
Southwick, Southwick Square	01273 591199
Storrington Warehouse, Robel Way	01903 745100
Worthing, Teville Road	01903 210100

TRUSTPILOT  
★★★★★

**BUY ONLINE @ CARTERSDIRECT.CO.UK**

All Prices correct at time of going to print. Offer open until the 1st May, while stocks last. T's and C's apply see in store for details